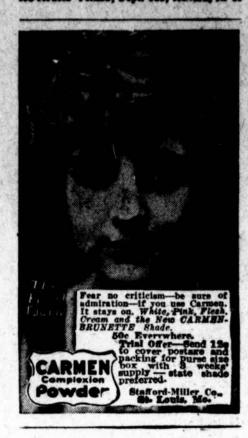


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The first thing "Gets-It" does when it lands on a corn or callus is to snuff out the pain. Then it shrivels the corn or callus and loosens it.



## More Vegetables

By Mrs. Christine Frederick, The Distinguished Authority on Household Efficiency.

TAS that "Spring fever" reached you yet? If it does I am sure you know what it means. As I have said so often, the body is like a stove which has become choked with the debris of Winter feeding and fuel. Just as we completely clean out our furnaces, so we need to clean out our systems at this time of the year.

Meat, fried foods, syrup, all the griddle cake family and the gravy must go. It is thumbs down for them for the time being. What the system needs now is vegetables, fruits and some scouring food such as bran. Indeed, one of the best practices would be to go on a bran diet for at least a day. To.do this eat a bowl of bran at each of

this eat a bowl of bran at each of the regular meals in place of other food. You may add hot water or hot milk or fruit juice to it, and that is all you are to eat.

I remember once being "overlooked" by a good doctor on my return from a six months' trip lecturing for the Government. The moment she saw me and had taken her diagnosis she said, "You need a housecleaning," and instantly she put me on a fruit and bran diet. This is simply the eating of any kind of fruit of not too acid a nature with bran for at least a day or preferably longer. There is no or preferably longer. There is no fat, starch or protein in this diet. It acts as a scouring soap or powder on our alimentary tract and gives our poor stomachs a rest.

Vegetables are nature's own food.

All of the grains are vegetables and it is from them that we get our basic wheat, oatmeal, rice, etc. All vegetable matter consists. of fibrous material in which are im-bedded varying portions of starch. But the great value comes from the fibrous material. It is rough, it has "bulk" or "roughage," and thus stimulates peristaltic or excretory action. And this is what we, in our over-civilization, need so badly. Most of us sit long hours so that the muscles of the abdomen are not exercised, and hence we become sluggish in our bodily functions. But a large quantity of vegetables will prevent this in a natural manner.

Of course, the more vegetables we eat raw the better, because cooking softens the fibres and also causes some chemical changes which are not so desirable. For example, raw cabbage or raw carrots eaten in salad form give better results than the same foods cooked. But in any case the average family table should be more plentifully supplied with vegetables of all kinds.

"But they are so dear," I hear housewives exclaim. Then we can do one of two things-we can raise . them ourselves if we have any kind of a piece of ground or we can omit some other article of diet housekeepers can learn to cook or make doctor's bills.

prepare vegetables so that there is a far smaller percentage of waste than is usually the case.

In the Spring, also, many of us may be able to find dandelions. dock and other greens free for the gathering. I am willing to prepare for any one who comes to visit me a dandelion hot slaw which I am sure they will say is delicious and which has untold values as a tonic. Also there are dandelion salad and dandelion cream soup, both of which give us the bitter, stimulating qual-

ity of the dandslion.

I think it is worth any house I think it is worth any house-wife's trip to market to get fruits and vegetables if her local dealer does not carry them. If storage facilities are good a large basket or crate can be ordered and then divided up among neighbors. There is no reason why two or three fam-ilies should not share their buying if they can thus obtain better prod-ucts and better value than alone. For example, in the Spring season it is possible to buy a tall half-bushel basket of lettuce, spinach, etc., at a wholesale price. If one neighbor in turn orders such con-tainers and divides among her tainers and divides among her friends there will be a great saving over small individual purchases of

I have found that my dealer will order for me and sell me at his wholesale price (I to pay the ex-press or other charges) any large basket or container of vegetables such as he himself buys. For in-stance, I have often bought from him a half bushel of string beans or lettuce or carrots, etc., and then used about half myself and sold the other half to neighbors.

Any woman who complains to me vegetables cost so much must answer me how much she pays for meat. Generally I find that she is spending from 50 cents to \$1 for the meat alone for a family of three or four. I ask her then to take this dollar and buy with it vegetables. Three bunches of asparagus or two large heads of lettuce and a generous quantity of carrots, beans, beets or new cabbage can be bought for a dollar. The whole point is she does not compare the cost of vegetables with me cost f meat, but compares the cost of vegetables now with their cost several years ago.

But she may say that vegetables do not replace meat in the diet and that, therefore, it is not fair to spend the same sum of money on vegetables as o: meat. There are many vegetables which do serve as meat equivalents. Even if you ate a whole bunch of asparagus or several servings of carrots you could make up the slight deficiency in protein by a tablespoon of peanut butter or of cheese or a glass of milk. The thing for the woman to do is to think of vegetables not as accessories, but as the important food of the meal, specially at this season. Meat will and save this cost toward the ex- only serve to clog up the body, to pense of vegetables. Also we create a feeling of lassitude and

#### Appetizing Menus for the Week

Break/ast
Cereal with Date
Salt
Codfish Cakes,
Muffins, Coffee. Luncheon Left-over Meat Pie, Lettuce Salac Tea. Dinner

Cocoa. Dinner Hamburg Steak Tomato Sauce,

Apple Sauce.
Eggs Cooked
in Shell,
Codee.
Luncheon
alloped Chee
Lettuce and
Cress Salad, ttered Carrot

Breakfast Sananas, Cereal Griddle Cakes, Syrup, Coffee. Luncheon Savory andwiche Cocoa. Dinner

Lamb Souffe, Baked Potatoes Greens, Apple Salad, Creamy Rice Pudding

Breakfast Stewed Prunes Wheat Bread, Marmalade, Luncheon Vegetable Soup Corn Bread Sticks,

Raspberry Jelly. Dinner Baked Fish, Potato Stuffing

Breakfast Sliced Pineapple, Outmeal, Scrambled Eggs, Muffins, Coffee, Luncheon Spinach with Hard Cooked Dinner

Broiled Meat Balls, Noodles, Carrot Soup, Toasted Crackers Sandwiches, Chocolate Cake

By Dr. William S. Walsh,

In His New Book, "Yours for Sleep."

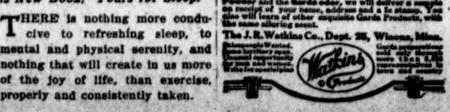
THERE is nothing more condu-

mental and physical serenity, and

of the joy of life, than exercise,

properly and consistently taken.

Millions & SUNDAY Break/ast Coffee Cake, Coffee, with Apples, Boiled Potatoe Creamed Spines Fruit Salad. Supper Cream of



#### Hints About Health

THE cure of worry is possible; L there is no doubt about it. But it does not lie in any medicine yet discovered, nor is there likely to be any specific medicine for it.

It is only the well who have happy, contented dreams; while the sick, mentally or physically, suffer from dreams of an exciting or depressing nature.

TNSOMNIA does not kill, per se; neither does it undermine the health. It is the worry over insomnia that kills.

THE only way to avoid arterio-sclerosis—to reach old age, in eration in all things.

THE sipping of a cup of hot L water on waking, or before meals, will often give relief in obstinate varieties of constipation where all other remedies, medicinal and otherwise, have failed. A few drops of lemon juice added to the water enhances its value.

WHEN hardening of the arteries is well developed the temporal arteries stand out prominently, are tortuous and resemble twisted rubber pipe-stems. They feel hard and cannot be wholly compressed beneath the finger.

OBSERVATIONS on animals have proved that food taken before going to sleep is well assimilated, much better than if the animals are made to work, run or even walk after feeding. It must be admitted, however, that we can do with less sleep if we go to bed with the stomach empty.

old as he feels" has now given way to "A man is as old as his arteries."

FRUITS in general are valuable Figs are especially valuable, and blueberries and prunes are the most laxative of all fruits.

T is perfectly possible for a person with moderately advanced arterio-sclerosis to live ten, twenty or more years, providing he lives right and is under medical care.

JO disease can be cured unless the cause is removed, and the only person competent to find the cause is one who has devoted his life to the subject—a physician.



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Sunday American-Examiner Patterns

terial for overblouse and tunic. GOOD SCHOOL DRESS (3217). Cut in four sizes: 6, 8, 10 and 12 years. A 10-year size will require 4% yards of 36-inch ma-

A SERVICEABLE TWO-PIECE MORNING GARMENT (3209). Cut in seven sizes: 36, 38, 40, 42, 44, 46 and 48 inches bust measure. A medium size will require 71/2 yards

of 27-inch material. AN ATTRACTIVE APRON (3190). Cut in four sizes: Small, 32-34; medium, 36-38; large, 40-42, and extra large, 44-46 inches bust measure. A medium size will require 5% yards of 36-inch material. A CHARMING LITTLE FROCK (3200). Cut in four sizes: 4, 6, 8 and 10 years. An 8-year size will require 31/2 yards of 27-inch ma-

A NEW WAIST STYLE (3206). Cut in seven sizes: 34, 36, 38, 40, 42, 44 and 46 inches bust measure, A 38-inch size will require 4% yards of 27-inch material.

A POPULAR SKIRT (3189). Cut in seven sizes: 24, 26, 28, 30, 32, 34 and 36 inches waist measure. A 24-inch size will require 3% yards of 36-inch material.

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3189	Walst
Name	
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